

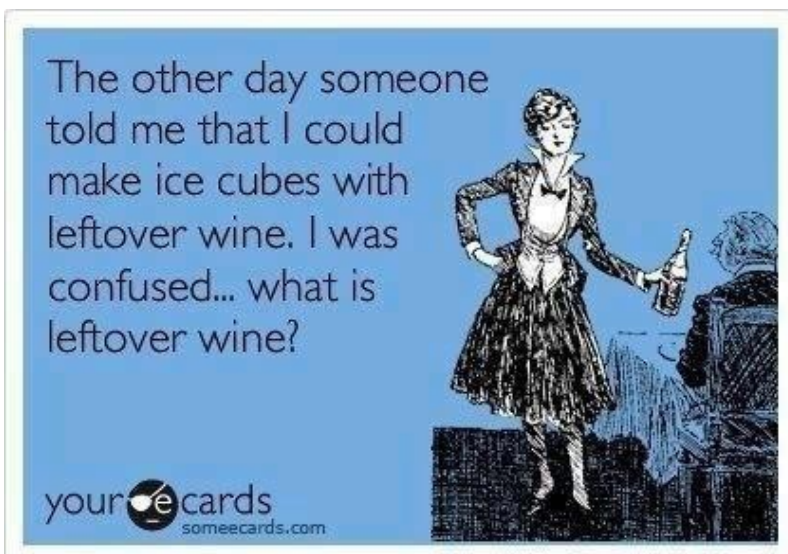
## Sub 7 March Newsletter

**Greetings Sub 7'ers,**

Here's what happened in the mad erging world of Sub 7 during March.

Cheers all,

**Rod.**



## The Intra team Challenge (ITC)

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=86](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86)

Well done to our winners;

Men's Hwt.....1) **Warren** (2) **Giles** (3) **Michael**

Women.....1) **Tracey** (2) **Carol** (3) **Marjorie**

Men's Lwt.....1) **James** (2) **Ken** (3) **Steve**

## The Cross Team Challenge (CTC)

<http://c2ctc.com/>

**13 boats floated** so well done and thank you to all who contributed to the club effort.

**We are being chased hard** by Forum Flyers who got 11 boats out and Free Spirits who had 9 so please make sure you get a good one in for April, its 639m, another short one so you can use the first part or the pace of a longer piece if you like.

**What is important is that if you are reading this you have a go 'cos your club needs yooooo!**

## Cumulative ITC Table

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=96](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=96)

Under 'Select a period' click on the arrow and bring up '**January to March**'

under 'Select a month' click on the arrow to bring up 'Total Points' then click on 'GO' to see where you are.

## Welcome New Members

The following joined us in March so a warm Sub 7 welcome is extended to;

**Caroline MacDonald.....Caramac**

**Julie Paillin.....Jooles**

**Sam Raveney.....Sam R**

# Congratulations on PB's

Well done to all the following folk who worked that little bit harder and set PB's in February

(This doesn't include the ITC)

(If I see it on the club chat thread or its PM'd to me then I can publish it here, if you only put it on facebook I might miss it)

**Ken Fairley**.....Mr Jolly....6k...22:23.6. 1:51.9. plus 60 mins  
15443m.....and a 5k in...18:24.5 or 1:50.4 @ 32.....and a Half Marathon in  
81:55.6/1:56.4

**Dave Ashworth**...41 Hound...1k in 3:26.7....10k in 38:20.5

**Glynn Powell**.....60 mins..15534. 1:55.8..plus 10k in 37:04.8/1:51.2

**Damian Taylor**.....8 x 500 av 1:35.4....and a 2k PB by 8.1 seconds with  
6:33.6

**Quillsy**.....5k .....21:00.3

**'Lady' Tracy Watkins**.....30 mins. 7665m (1:57.4)

**Toby Lunn**...bojam.....2k in a frustrating 7:00.6!

**Paul Wilkinson**.....HM in 84:41

**Caleb Evans**....Snavebelac.....1k in 3:20.5/1:40.2

**Dave Marshall**...Boatdeck.....2k in 6:42.2

**Susan Young**...Two Puds....HM erg in 94.00.9(2:13.7)

**Bob Cook**.....30 mins 8637 metres

**Warren Beardall**.....500m in 1:39.0

**FITNESS IS NOT  
ABOUT BEING  
BETTER THAN  
SOMEONE ELSE...IT'S  
ABOUT BEING  
BETTER THAN YOU  
USED TO BE.**

# **Birthdays**

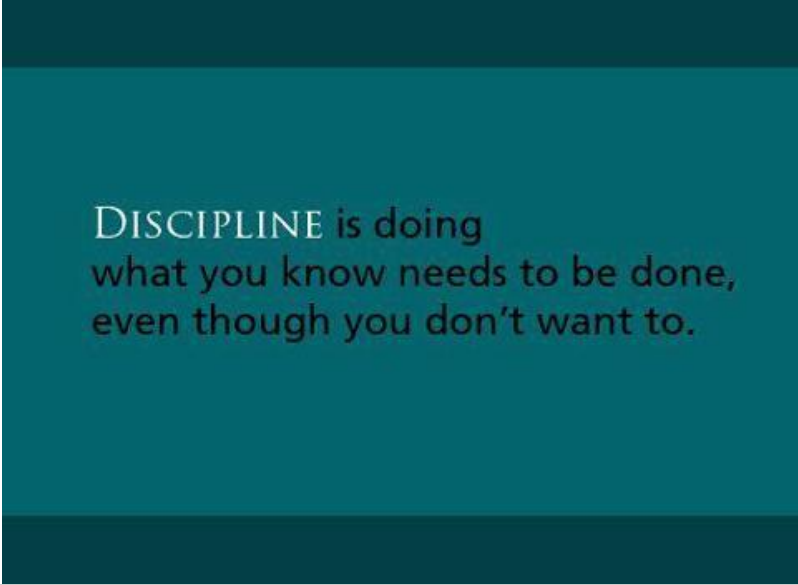
**The following all celebrated Birthdays in March so many happy returns to;**

**Paul Cole....**claudio46 (53)

**Caleb Evans.....**snavebelac (37)

**David H** (69)

**Andrew Jones..?**



DISCIPLINE is doing  
what you know needs to be done,  
even though you don't want to.

# **Club Kit**

**Get your club T-shirts, Vests, Hoodies, Fleece's here;**

Go to the website;

<http://www.gffl.myzen.co.uk/sub7/>

.....Hover over the 'About us' tab.....click on 'FAQ's.....click on 'Sub 7 FAQ's.....finally click on 'Ordering a Sub 7 T-Shirt.

Or look here at all the other stuff you can get and order the same way;

<http://www.godfrey.co.uk/clubproductbrowse.php?page=1&selcat=132>

# Here's the up to date Active Members list;

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=85](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=85)

Make sure you're on it!

*That's it for March have a happy erging April*